

Council On Aging News

May 2010



Mayor, Thomas P. Koch

Director, Thomas F. Clasby, Jr.

Chairman, John Molloy

617-376-1245

440 East Squantum Street

Dear Friends:

May is upon and us of course that means so are the Senior Olympics. This year will mark the 28th Annual Senior Olympic games. I strongly encourage anyone that may be thinking of joining us for the Olympic games to do so. Over the years I have seen many folks participate with apprehension at the beginning of the games but as things get into full swing they are eager to participate in the next event. Events include a variety of walks, bowling, billiards, bocce, swimming, track & field events and much more including many surprises along the way. You can pick up a registration form here at the Council on Aging or at the Recreation Department located at the Koch Park & Recreation Center located at 1 Merrymount Parkway. Spectators are always welcomes at all events.

I look forward to seeing you there!

Sincerely,

Thomas F. Clasby Jr.
Director

The Quincy Council on Aging and the River Bay Club, as part of the Optimum Life® initiative, presents:

An afternoon with Academy Award® winning actress Olympia Dukakis and husband, actor Louis Zorich

Tuesday May 25, 2010 at 1pm

Come hear Olympia and Louis talk about a subject close to their hearts – diabetes. They are in town as part of **Ask.Screen.Know.**, a program sponsored by Novo Nordisk dedicated to increasing awareness about the free Medicare diabetes screening benefit. They will be joined by a local medical expert to discuss the importance of early diagnosis and diabetes disease management. Join us for an informative and entertaining afternoon and enjoy special refreshments prepared by Brookdale Senior Living chefs.

To register to attend this event call the River Bay Club at 617-472-4457

Space is Limited

To learn more about the Medicare diabetes screening benefit, diabetes and prediabetes, log onto AskScreenKnow.com.



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**Building a Questionnaire to
Measure Function and Disability
for Older Adults**

For this research project, we are looking for individuals who would be able to participate in a 45-60 minute interview.

Eligible individuals:

- ✓ Are over 60 years of age
- ✓ Can speak and understand English

**After the interview, you will receive \$20
to compensate you for your time.**

Questions? Contact Vanessa Oliveira
at 617-438-7503 or vanessao@bu.edu



**Help us Celebrate Our
1st Anniversary
at the Kennedy Center**

Members of the QCOA that participate in an activity or event during the months of May and June can enter to win "Stay for Breakfast" certificate. This will entitle you to a complimentary Friday or Saturday night stay at the Boston Marriott Quincy hotel including -
Deluxe Guest Room Accommodations and Breakfast for Two

One entry per member per day.

*Drawing will held on Thursday, July 1st at 10 am in
the Kennedy Center Lobby*

Learn how to use your digital camera!

Our instructor Grace Buscher will show you all you can do with your digital camera. Please bring your camera with battery charged.

Thursday, May 20th

1:30 pm - 3 pm

Space is limited

Call the Quincy Council on Aging at
617-376-1506 to reserve your space.



*The Quincy Council on Aging and Old Colony Hospice
are hosting a presentation and discussion -*

Hospice Care: Get to know us BEFORE you need us!

Come and learn about: What is hospice care? Who is eligible for hospice care? Who pays for hospice care? We will also discuss the MISCONCEPTIONS about hospice care. We will leave time for you to ask any questions you may have about this important topic.

Friday, June 11th at 11 am

Refreshments will be served.

If you would like to sign up for this event please call the
Quincy Council on Aging at 617-376-1506.



The Walking Club is Back!

Meets Thursdays at 10 am in the
Kennedy Center Lobby.

All Are Welcome!

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Join the Quincy Council on Aging for a performance of the play

Educating Rita

With Richard Clark & Dianne Giammarco

Thursday, May 20th
2:00 pm - 3:30 pm

This is the classic tale of the Cockney girl who seeks culture through a college education and finds herself along the way. Wit, wisdom and humor mix with poignant human drama to create engaging entertainment. There is class warfare in the classroom as an ugly duckling becomes a swan.

This program is supported in part by a grant from the Quincy Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



To register for this performance please call the Quincy Council on Aging Office at 617-376-1506.



Get Fit!

Dance Classes - Every Tuesday at 10 am

Exercise Classes - Every Thursdays at 9 a.m.

Yoga for Seniors - Every Thursday at 12:30 pm

Line Dancing - Every Fridays at 10 am

\$3 fee for all classes



Join the Quincy Council on Aging for

Spring Fling Social Night

presented by Tuesday Mornings Ballroom Dance Class

Thursday, June 24th at 6PM

Light snacks, desserts and refreshments will be served. Come and see what all our students have been learning and feel free to join them on the dance floor! All are welcome for this fun night of dancing, music and friends!



To register for this event please call the Quincy Council on Aging at 617-376-1506.



Free Legal Advice

Attorneys from the Bar Association of Norfolk County are offering free evening walk-in legal clinic to answer any and all question of a legal nature for Quincy residents.

These clinics will be held -
May 25th, June 21st
from 6 pm - 8 pm

At Quincy District Court
One Dennis F. Ryan Parkway

For further information call Adrienne Clarke at 617-471-9693

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Come learn and discuss important issues that affect ALL seniors. Join us for an interactive and fun panel discussion featuring area professionals who will share their experience and stories to raise awareness, provide information, and inspire seniors to be proactive in planning for issues that all families face. We will discuss common situations, give examples of potential solutions and the quality resources that are available to seniors on the South Shore.

The panel will consist of:

Gail Samaha, GMS Associates (Solutions for Elders & Caregivers)
Adam Hayes, Milestones Realty (Helping Seniors with Real Estate)
Jennifer Moran, Home Instead Senior Care (Home Care)
Attorney Robert E. Romano, (Estate & Medicaid Planning)

Join us on Wednesday, June 16th
6:00 pm - 7:30 pm

Pizza & Soda will be served

Kennedy Center
440 East Squantum Street

To register for this workshop please call 617-376-1506.

Join the Quincy Council on Aging & MacDonald Insurance present
the Financial Solution Presentation-

Retired or Retiring Soon?

With all that's going on today in the Stock Market and the ever changing rules and regulations now is a perfect time to learn some ways to simplify your financial affairs along with some safe and secure ways to protect your nest egg!

Thursday, June 3rd

10 a.m.

Refreshments will be served

To register for this event please call the Quincy Council on Aging at 617-376-1506.

AmeriCare Home Care Pastry Hour

Friday, May 21st at 10 am

Fall Prevention Presentation – it can save a life!

More than 1/3 of seniors over 65 fall each year causing more health problems.

AmeriCare Home Care enables seniors to live independently in their homes with comfort and dignity. AmeriCare provides many home care services with no hourly minimums.

Kennedy Center
440 East Squantum Street
Coffee and Pastries will be served.

To register for this event please call the Quincy Council on Aging at 617-376-1506.



Quincy Council on Aging presents

"Make Your Own Jewelry"

Jewelry classes will be held at the Quincy Council on Aging. Learn how to make a piece of jewelry. If you like it you may purchase it for a small fee.

May 14th & June 18th

1:00 p.m. - 3:00 p.m.

Call the Quincy Council on Aging to make a reservation or if you have any questions at 617-376-1506.



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May Events

<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Info</u>
5/4	What is the Free Medicare Part A Called Hospice?	10:00 am	Registration Required
5/4	Movie - Singing in Rain Starring Gene Kelly & Debbie Reynolds	12:00 pm	
5/10	Fire Safety for Seniors with QFD	1:30 pm	Registration Required
5/10	Senior Olympics Opening Ceremony	6:00 pm	Registration Required
5/11	Movie - Driving Ms. Daisy Starring Morgan Freeman & Jessica Tandy	12:00 pm	
5/13	Comedy Thursday	12:00 pm	Registration Required
5/14	Make Your Own Jewelry	1:00 pm	Registration Required
5/17	Qi Gong Course Begins	10:00 am	Registration & Fee Required
5/18	Movie - Mr. Holland's Opus Starring Richard Dreyfus	12:00 pm	
5/20	Learn to use your Digital Camera	1:30 pm	Registration Required
5/20	Educating Rita Performance	2:00 pm	Registration Required
5/21	Quincy Public School Arts Festival Begins	All Day	Registration Required
5/21	Americare Home Care Pastry Hour	10:00 am	Registration Required
5/25	Movie - Saving Private Ryan Starring Tom Hanks & Matt Damon	12:00 pm	Registration Required
5/25	Olympia Dukakis Event	1:00 pm	Registration Required
5/26	Quincy Commission on Disabilities Info Session	2:00 pm	Registration Required
5/31	Kennedy Center Closed for Memorial Day Holiday		

Ongoing Programs

	<u>Program</u>	<u>Time</u>
Mondays -	Foot Screenings - 1st Monday	By Appointment
	Hearing Screenings - 3rd Monday	By Appointment
	Blood Pressure	10:00 - 11:00 am
	Scrabble	11:00 - 3:00 pm
Tuesdays -	Shine Program	By Appointment
	Piano Lessons	By Appointment
	Dance	10:00 am
	Movie	12:00 pm
Wednesdays -	Shine Program	By Appointment
	Knitting Group	10:00 am
	Volleyball	10:00 - 12:00 pm
	Poker	10:00 - 3:00 pm
	Computer Classes	1:30 - 2:30 pm
Thursdays -	Foxwoods Trip - 1st Thursday	8:00 am
	Exercise	9:00 am
	Walking Club	10:00 am
	Yoga for Seniors	12:30 - 1:30 pm
	Whist Group	1:00 pm
	Caregiver Support Group - 1st Thursday	1 - 2 pm
Fridays -	Line Dancing	10 am
	Bridge	12 - 3 pm
	Computer Classes	1:30 - 2:30 pm
	Financial Planning	By Appointment
	Simple Wills - 3rd Friday	By Appointment

Know Your Community

Census Fraudulent Activity and Scams

The Census Bureau uses a workforce of trained federal employees to conduct a variety of household and business surveys by telephone, in-person interviews, through the mail, and in limited cases through the Internet.

We understand your personal information is sensitive, and go to great lengths to protect the data we collect. Although we cannot stop or warn against all bogus or false collections of data -- here are some tips to help you recognize fraudulent activity or unofficial data collections.

- The Census Bureau does NOT conduct the 2010 Census via the Internet
- The Census Bureau does not send emails about participating in the 2010 Census
- The Census Bureau never:
 - Asks for your full social security number
 - Asks for money or a donation
 - Sends requests on behalf of a political party
 - Requests PIN codes, passwords or similar access information for credit cards, banks or other financial accounts.

In Person Scam

- Check for a valid Census ID badge
- Call your regional office to verify you are in a survey

Email Scams

- If you think it is a bogus email, do not reply or click on any links within the email.
- Do not open any attachments. Attachments may contain code that could infect your computer
- Forward the email or web site URL to the Census Bureau at ITSO.Fraud.Reporting@census.gov.
- After you forward the email to us, delete the message. You will not receive a confirmation email after forwarding the information to us. However, the Census Bureau will investigate the information and notify you of its findings.

Mail Scams

Contact the United States Postal Inspection Service

Boston Regional Census Center

One Beacon St., 7th floor
Boston, MA 02108
(617) 223-3700 or 1-866-861-2010



DISASTER ASSISTANCE



For homeowners, renters and business owners in the Norfolk County affected by flooding beginning March 12, 2010

Apply by Phone:

1-800-621-3362

Apply online:

www.disasterassistance.gov

Please have the following information available:

- A phone number in case a call back is needed
- Social Security Number
- Current Mailing Address
- Address of Damaged Property
- Brief Description of Damages
- Insurance Information

Quincy Food Pantries

Quincy Community Action Program

Southwest Community Center
388 Granite Street
617-471-0796

Monday, Wednesday & Friday
12:30 - 4 pm
Thursdays
12 - 6 pm

Quincy Crisis Center

Home Delivery to South Shore Towns
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Seaside Pantry
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If you would like to make an appointment or if you have any questions please call the Quincy Council on Aging at 617-376-1506.

Come join the QCOA & Eileen Shaw for 45 minutes of

QiGong

Mondays at 10 am

starting May 17th thru June 21st

\$15.00 for 6 week course

Learn to calm your mind, raise
your spirit and gain wisdom.

What is Qigong?

Qigong is an internal Chinese meditative practice that uses slow graceful movements and controlled breathing techniques to promote the circulation of qi within the human body. The movements are relatively easy for people of all ages.

To register for this class please call the Quincy Council on Aging at 617-376-1506.



Comedy Thursdays



Join us at the QCOA on Second Thursday of the month for a hour or two of laughs with some of comedies greats!

May 13th - Johnny Carson's Favorite Moments of the 60's & 70's

June 10th - Red Skelton's Comedy Scrapbook

July 8th - Johnny Carson's Favorite Moments of the 70's & 80's

August 12th - Red Skelton's Many Faces of Comedy

September 9th - Johnny Carson's Animal Hijinks

October 15th - I Love Lucy 50th Anniversary Special

November 11th - Johnny Carson's Final Show

Thursdays at 12pm

The Kennedy Center 440 East Squantum Street

Senior Olympics are Coming in
May!



If you are interested in participating
please register at the QCOA
office or call 617-376-1506.



Quincy Council on Aging Partnership with
Quincy Public School

"QPS ARTS FESTIVAL"

We are pleased to announce that this year the Quincy Public Schools Arts Festival will be held at the Kennedy Center in May. The student's original works of art will be on display from



May 21st through June 4th

This event is open to the public Monday through Friday.

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FREE MOVIE OF THE WEEK MARK YOUR CALENDAR



- May 4: Singing in Rain
Starring Gene Kelly & Debbie Reynold
- May 11: Driving Ms. Daisy
Starring Morgan Freeman & Jessica Tandy
- May 18: Mr. Holland's Opus
Starring Richard Dreyfus
- May 25: Saving Private Ryan
Starring Tom Hanks & Matt Damon

Feel free to bring refreshments and friends!
Or you can buy your refreshments in the Coffee Café where we provide
candy, chips and soda at a discounted price!

Kennedy Center
440 East Squantum Street
Tuesdays at 12:00 pm



Art Lessons



A spring session of art lessons will be starting with
Michael Domina. The program is 6 weeks long and is \$95 per person.
For more information call the QCOA office at 617-376-1506.

Men's Group

Plans are now being made for a men's discussion group. This will be a
great opportunity to share ideas, make new friends and at the same
time "solve all the problems of the world"!!!

We are looking for input and the first meeting on September 16th at
will help to develop the format while enjoying a light breakfast. If you
are interested in learning more, please call the office of the Council on
Aging at 617-376-1506.



Whist Group



Our NEW Whist group will get together for a weekly whist game on
Thursdays at 1 pm in the Kennedy Center Game Room.
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Recipe of the Month



Penne with Asparagus and Cherry Tomatoes

Ingredients

- 8 ounces penne pasta
- 3 tablespoons olive oil
- 2 garlic cloves, minced
- 1 1/2 lbs thin asparagus, trimmed and cut into 1-inch pieces
- 2 cups (about 9 ounces) cherry tomatoes
- 1 cup shelled fresh peas
- 1/2 cup low-sodium chicken stock
- 1 cup grated Parmesan
- 2 tablespoons chopped fresh basil leaves

Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes. Drain the pasta, reserving about 1/2 cup of the pasta water. In a large saute pan, heat the oil over medium-high heat. Add the garlic and cook until fragrant, about 1 minute. Add the asparagus, season with the salt and pepper, and cook for 3 minutes until slightly soft. Add the cherry tomatoes and peas. Cook for 2 minutes. Pour the chicken stock into the pan and bring the mixture to a simmer. Cook until the tomatoes start to burst and the stock is reduced by half, about 3 minutes. Transfer the asparagus mixture to a large serving bowl. Add the cooked pasta and 1/2 of the Parmesan. Toss well, adding reserved pasta water, if needed, to loosen the pasta. Garnish with the remaining Parmesan and chopped basil.

Serves 4 - 6

Equipment Loan and Donations

The QCOA provides wheel chairs, canes, walkers, and bath seats to seniors in need. Seniors can borrow the equipment and use it for as long as they need it. In order to supply this equipment for the seniors we take donations of walkers, wheelchair and bath seat.

No commodes please.

Please don't leave donations at the Kennedy Center After Hours.



Foxwoods Trip



Our next trip to Foxwoods will be held Wednesday, May 12th, 2009.

To make reservations, please send check, made out to Celebration Tours and mail to

Quincy Council on Aging
440 East Squantum Street
Quincy, MA 02171

An early sign-up would be appreciated.

PLEASE NOTE

If you have signed up for an event and are unable to attend please call us at 617-376-1506 to cancel.

Many events have waiting lists and we would love to have another senior take your spot.



Happy Birthday!

Thomas F. Clasby, Jr.

&

Joseph Shea

Facts about May

The Kentucky Derby takes place on the first Saturday in May at Churchill Downs, Louisville, Kentucky. It is the most famous horse race in the United States.

Hawthorn and Lily of the Valley are the flowers for the month of May.

Mother's Day became a public holiday, May 9, 1914.

May 29, 1948 the first ice cream freezer was patented.

Important May Dates

- May 1st - Kentucky Derby
- May 7th - National Day of Prayer
- May 9th - Mothers Day
- May 15th - Armed Forces Day
- May 30th - Memorial Day
- May 31st - Memorial Day Observed

The QCOA Newsletter is now available online & on cable!

Go to www.quincyma.gov
and select the Elder Services Department
or watch



Channel 10
on Comcast